YOU ARE NOT WELCOME

metro®

Turkey, a once-promising democracy, has entered a downward spiral into dictatorship. President Recep Tayyip Erdoğan is to blame for this. In the aftermath of a failed coup attempt, Mr. Erdoğan has:

- shut down 185 media outlets including newspapers, magazines, radio and TV stations, and publishing

PRESIDENT ERDOĞAN AND OTHER PRESIDENTS

ARE ATTENDING THE UNITED NATIONS GENERAL ASSEMBLY IN NEW YORK

TELL MR. ERDOĞAN

TO IMMEDIATELY RELEASE

THE ABDUCTED VICTIMS

TELL OTHER PRESIDENTS

TO IMMEDIATELY HOLD ACCOUNTABLE THOSE RESPONSIBLE FOR THE

ABDUCTION AND EXPULSION

OF TURKISH NATIONALS

SAY NO TO ABDUCTIONS!

HELP THOSE FLEEING PERSECUTION!

SINCE JULY 2016

#ErdoganOut

Upon direct orders by Turkish President Recep Tayyip Erdoğan, political reprisals against Turkish nationals living abroad have escalated. Hundreds of Turkish nationals have been abducted from countries across the world. Turkish nationals have been illegally transferred to Turkey. Corrupt officials worldwide have shamefully collaborated with the Erdoğan regime, flagrantly violating their countries' international human rights obligations. The sovereignty and independence of other countries has been undermined.

HUMAN RIGHTS FOUNDATION

metro
NEW YORK CITY NO. 1 FREE DAILY IN THE
Tuesday, September 25, 2018 metro.us | t: MetroNewYork | f: MetroNe

GETTY IMAGES

BRO STORY

John C. Reilly heads west in 'The Sisters Brothers.' 20-21

JULIE HOTZ

Push underway to legalize e-scooters before L train shutdown. 10

Grand Central is throwing it back to 1998 this week. 17

FIGHTING BACK

Brett Kavanaugh vehemently denied allegations of sexual misconduct by two women, calling the accusations a 'smear campaign.' 4-8

Kristaps Porzingis addresses recovery, contract, future at Knicks media day. 25

5 THINGS TO KNOW

WELCOME TO METRO.US

SAM NEWHOUSE, REPORTER

After years in the spotlight as a sexual predator accused by dozens of women, 81-year-old Bill Cosby will learn his fate today. Prosecutors said Monday that Cosby, known for decades as "America's Dad" for his portrayal of a wholesome Brooklyn Heights father on the record-smashing "Cosby Show," used his public persona to prey on women and deserves five to 10 years in prison. But defense lawyers say he is a harmless old man who deserves leniency and possibly just house arrest. Today, a judge will hand down Cosby's sentence. Read more inside and on **metrophilly.us.**

AFTER CHAOTIC DAY, ROSENSTEIN STAYS IN JOB

1 President Donald Trump and U.S. Deputy Attorney General Rod Rosenstein, who oversees the special counsel investigation into Russia's role in the 2016 presidential election, will meet on Thursday to discuss whether Rosenstein will stay in his job. Rosenstein had spent the weekend contemplating whether he should resign after a New York Times report last week said he had suggested secretly recording Trump in 2017, a source told Reuters. The White House announced the meeting on Monday after a flurry of conflicting media reports about whether Rosenstein, a frequent target of Trump's anger, would be leaving the post. "At the request of Deputy Attorney General Rod Rosenstein, he and President Trump had an extended conversation to discuss the recent news stories," White House spokeswoman Sarah Sanders said on Twitter. Trump, who is in New York for the U.N. General Assembly, told reporters he would meet with Rosenstein on Thursday when he returns to Washington. "We'll be meeting at the White House and we'll be determining what's going on," Trump said.

SIRIUS XM TO BUY PANDORA FOR $3.5 BILLION

2 Satellite radio company Sirius XM Holdings Inc. will buy online music service Pandora Media Inc. in a $3.5 billion all-stock deal that will help it battle growing competition from streaming rivals Spotify and Apple Music. Sirius XM, controlled by media mogul John Malone's Liberty Media Corp., has built a name supplying more than 175 channels to car drivers, but has largely trailed Pandora, Spotify and Apple in mobile and streaming content. Monday's deal gives the pair a market value of about $34 billion, topping Spotify's $31.2 billion, and follows through on Sirius' purchase of a 15 percent preferred-stock stake in Pandora for $480 million last year. "We view the read through to Spotify as slightly negative as it could face a stronger competitor in the U.S. while at the same time one of the only large swaths of ad-supported listeners in the fast-maturing U.S. goes off the market," SunTrust analyst Matthew Thornton said. Sirius shares, however, fell 4.2 percent to $6.69 as investors worried the company had overpaid. Shares in Pandora, which has posted losses for at least the past eight quarters, rose 6.5 percent to $9.68 in early trading.

DINNER TIME FOR GIANT PANDA

3 A giant panda eats at the Beijing Zoo during the Mid-Autumn Festival on Monday in Beijing, China. Notably celebrated by Chinese and Vietnamese people, the Mid-Autumn Festival is held on the 15th day of the eighth lunar month, which fell on Sept. 24 this year.

GETTY IMAGES

DALLAS PD FIRES OFFICER WHO FATALLY SHOT MAN

4 The Dallas Police Department on Monday fired a police officer who is facing a manslaughter charge after fatally shooting a man in his apartment that the officer said she mistook for her own home. Officer Amber Guyger had been dismissed after nearly five years on the job for her actions on the night of the shooting earlier in September, Dallas Police Chief U. Renee Hall said in a statement. Hall also said Guyger had engaged in "adverse conduct" when she was arrested for manslaughter, without elaborating. Guyger, 30, had been on administrative leave since she fatally shot Botham Jean, 26. The killing of an unarmed black man by a white officer sparked protests in the Texas city, with many calling for the officer to be fired and charged with murder. The decision to fire Guyger came after an internal review. Guyger can appeal the decision, police said. An attorney for the officer was not immediately available for comment. Dallas Mayor Mike Rawlings said he heard the calls to take action and supported the decision.

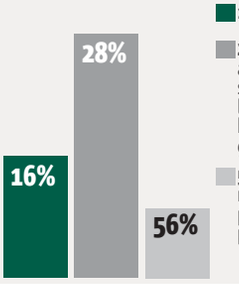
FEDERAL PROTECTION FOR YELLOWSTONE GRIZZLIES

5 A federal judge on Monday ordered Endangered Species Act protections restored to grizzly bears in and around Yellowstone National Park, halting plans for the first licensed trophy hunts of the region's grizzlies in more than 40 years. U.S. District Judge Dana Christensen in Missoula, Mont., sided with environmentalists and Native American groups by overruling the U.S. Fish and Wildlife Service decision to strip the grizzlies of their status as a threatened species, the court order said. The Trump administration's decision in June of last year to "de-list" the grizzly, formally proposed in 2016 during the Obama era, was based on agency findings that the bears' numbers had rebounded enough in recent decades that federal safeguards were no longer necessary. The de-listing, welcomed by big-game hunters and ranchers, had applied to about 700 Yellowstone-area grizzlies in Wyoming, Idaho and Montana. Environmentalists countered that treating those bears separately from other grizzly populations in Montana and elsewhere in the lower 48 states was biologically unsound and illegal under the Endangered Species Act.

STATS

PUBLIC FIGURES AND SEXUAL MISCONDUCT

When a public figure is accused of sexual wrongdoing, which is more likely — that the media will regard him as innocent until proven guilty or guilty until proven innocent?

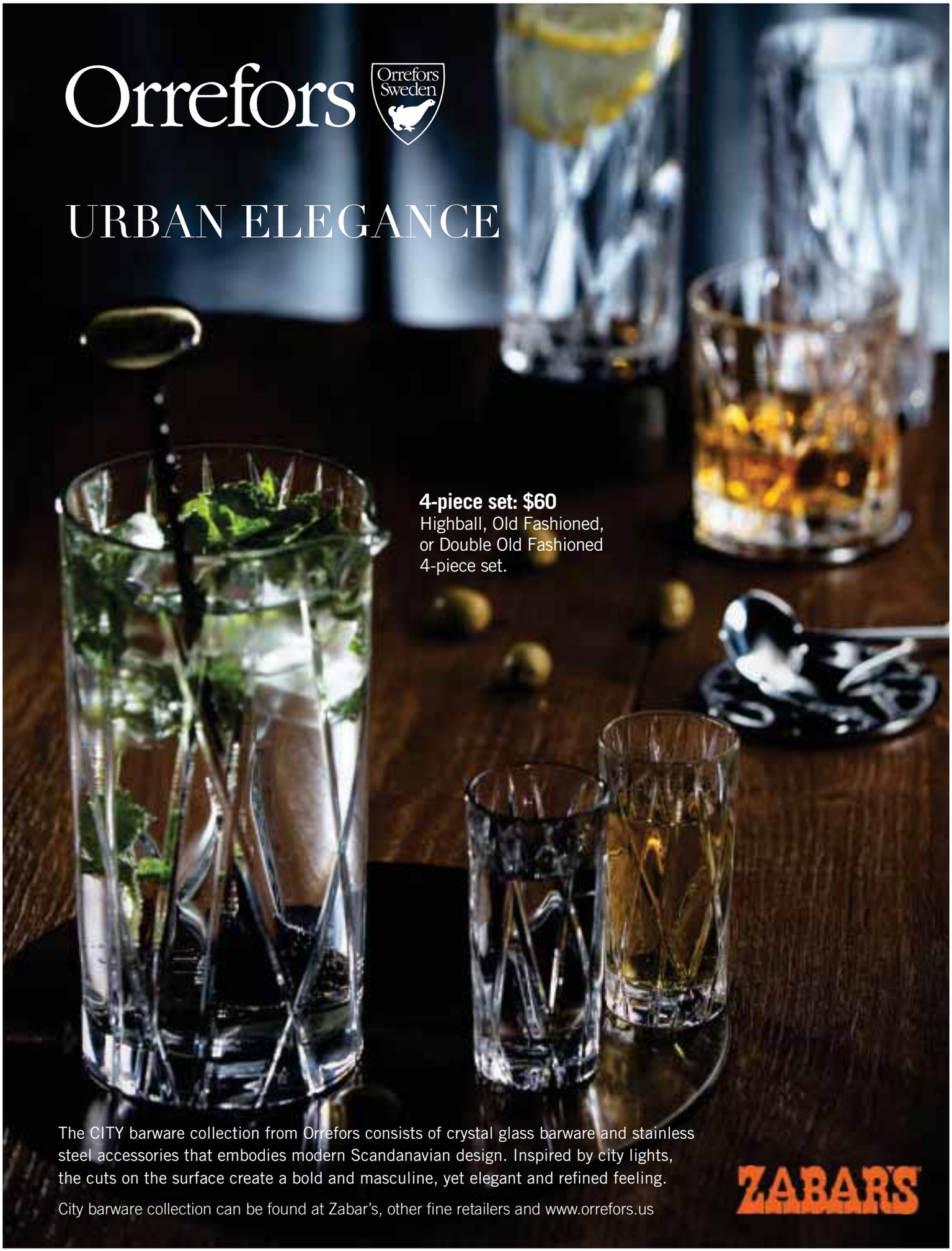


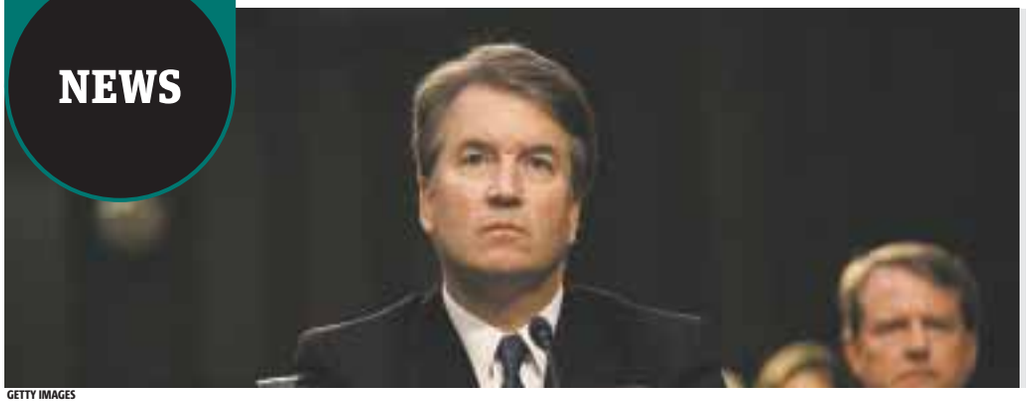
16% Not sure

28% Likely U.S. voters say, when a public figure is accused of sexual wrongdoing, it is more likely that the media will regard him as innocent until proven guilty.

56% Believe it's more likely the media will regard the public figure as guilty until proven innocent.

RASMUSSEN REPORTS


Orrefors
Orrefors Sweden
URBAN ELEGANCE
4-piece set: $60
Highball, Old Fashioned,
or Double Old Fashioned
4-piece set.
The CITY barware collection from Orrefors consists of crystal glass barware and stainless steel accessories that embodies modern Scandanavian design. Inspired by city lights, the cuts on the surface create a bold and masculine, yet elegant and refined feeling.
City barware collection can be found at Zabar's, other fine retailers and www.orrefors.us
ZABARS



GETTY IMAGES

Kavanaugh rejects 'false accusations,' calls allegations a 'smear campaign'

Majority Leader Mitch McConnell made clear that there will still be a confirmation vote for Kavanaugh.

Supreme Court nominee Brett Kavanaugh said on Monday he would not step aside after a second woman accused him of sexual misconduct decades ago, with President Donald Trump and fellow Republicans showing no signs of relenting in their push for his Senate confirmation.

"The truth is I've never sexually assaulted anyone, in high school or otherwise," Kavanaugh said in an interview on Fox News Channel's "The Story with Martha MacCallum," to air on Monday evening.

The allegations, dating to the 1980s, have put in jeopardy Kavanaugh's chances of winning confirmation to the top U.S. court in a Senate narrowly controlled by Trump's party, with high-stakes congressional elections just weeks away.

Confirmation of the federal appeals court judge to the lifetime job would cement conservative control of the Supreme Court and advance Trump's goal of moving the high court and the broader federal judiciary to the right.

The Senate Judiciary Committee has scheduled a hearing for Thursday to hear from Kavanaugh and Christine Blasey Ford, who last week accused him of sexual assault in 1982.

Ford, a psychology professor at Palo Alto University in California, said Kavanaugh attacked her and tried to remove her clothing while he was drunk at a party when he was 17 years old and she was 15, when both were high school students in Maryland.

"I am not questioning and have not questioned that perhaps Dr. Ford at some point in her life was sexually assaulted by someone at some place, but what I know is I've never sexually assaulted anyone," Kavanaugh said in the Fox News interview.

He added he was not present at a party like the one described by Ford and noted that others Ford said were at the gathering had no recollection of it.

"I want a fair process where I can defend my integrity and I know I'm telling the truth. I know my lifelong record and I'm not going to let false accusations drive me out of this process. I have faith in God and I have faith in the fairness of the American people," Kavanaugh said.

He added he "did not have sexual intercourse or anything close to sexual intercourse in high school or for many years thereafter."

A second woman, Deborah Ramirez, accused Kavanaugh in an article published in the New Yorker magazine on Sunday of sexual misconduct during the 1983-84 academic year when both attended Yale University.

"I want a fair process where I can defend my integrity and I know I'm telling the truth."

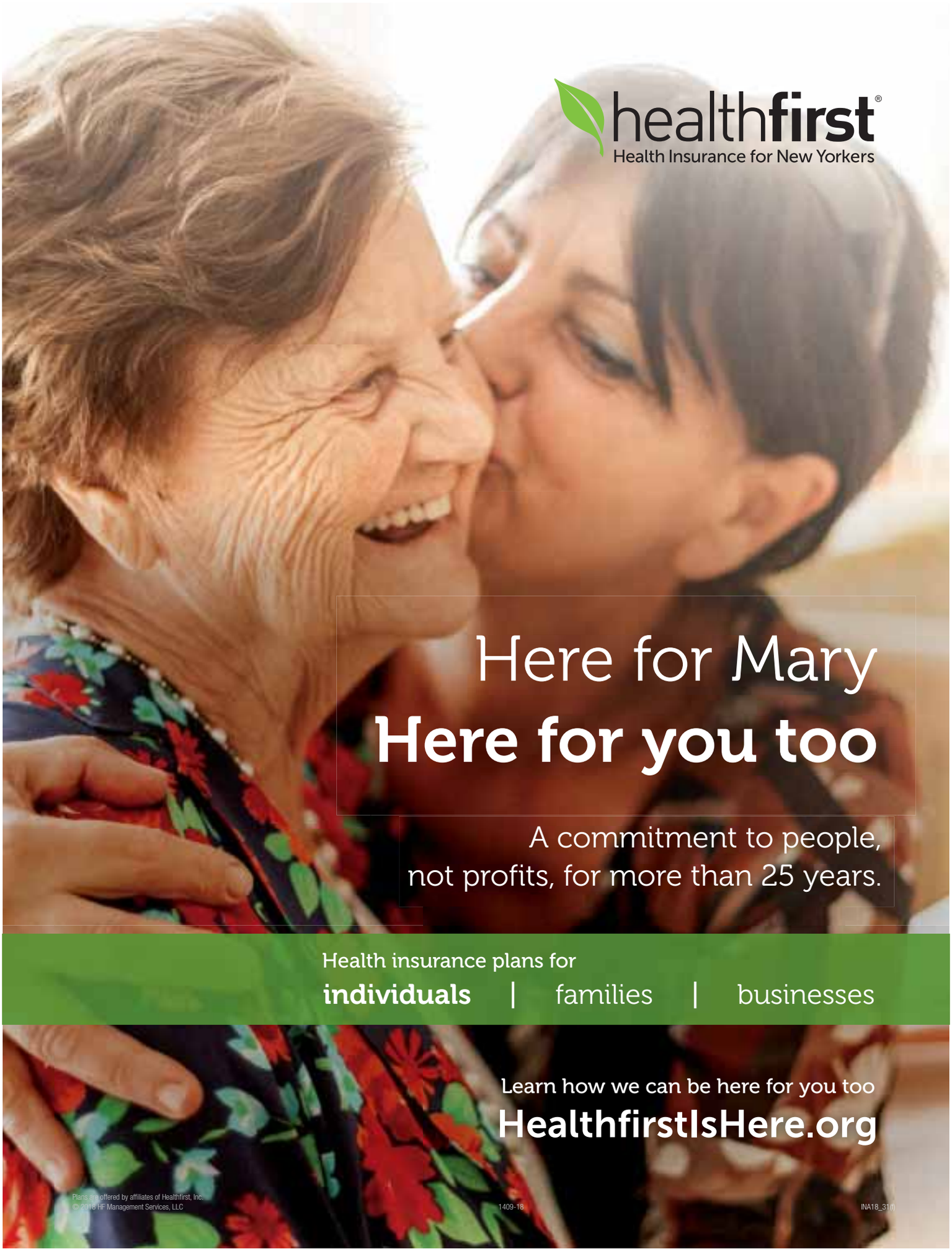
Brett Kavanaugh

Ramirez is cited by the New Yorker as saying Kavanaugh exposed himself to her during a drunken dormitory party.

Kavanaugh and his Republican allies portrayed the allegations as part of a "smear campaign" by Democrats who have fought his nomination from the outset.

Senate Majority Leader Mitch McConnell made clear that no matter what happens at the hearing, the full Senate would vote on Kavanaugh's confirmation.

"This fine nominee to the Supreme Court will receive a vote in this Senate in the near future," McConnell said on the Senate floor. REUTERS


healthfirst®
Health Insurance for New Yorkers
Here for Mary
Here for you too
A commitment to people,
not profits, for more than 25 years.
Health insurance plans for
individuals | families | businesses
Learn how we can be here for you too
HealthfirstIsHere.org
Plans are offered by affiliates of Healthfirst, Inc.
© 2018 HF Management Services, LLC
1409-18
INA18_31(f)

CATHERINE M DONDERO

Harvard Law students walk out in support of Kavanaugh accusers

Students previously questioned the school's decision to bring Brett Kavanaugh back as a teacher amid sexual-assault allegations.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Hundreds of Harvard Law School students participated in a walkout on Monday to protest the Supreme Court nomination of Judge Brett Kavanaugh and show their support for Christine Blasey Ford and Deborah Ramirez, who have accused him of sexual assault.

The walkout follows an op-ed by four Harvard Law students calling on the university to reconsider bringing Kavanaugh back onto campus as a teacher amid the sexual-assault allegations against him.

"Will Harvard Law School take seriously the credible allegation of Kavanaugh's sexual assault against a young woman before he is allowed to continue teaching young women?" Harvard Law School students Molly Coleman, Vail Kohnert-Yount, Jake Meiseles and Sejal Singh wrote in an op-ed published last week in the Harvard Law Record. "Or will Harvard allow him to teach students without further inquiry — and continue paying him our tuition money? In 2018, he earned $27,490 for 9 days of teaching."

According to the Harvard Law School website, Kavanaugh is scheduled to teach a course titled "The Supreme Court since 2005" during the Winter 2019 semester. Kavanaugh has taught courses at the school since 2008.

The students said that continuing to employ Kavanaugh after sexual-assault allegations have surfaced against him shows a blatant disregard for female students.

> **"Will Harvard Law School take seriously the credible allegation of Kavanaugh's sexual assault before he is allowed to continue teaching young women?"**
> **Harvard Law School students, in an op-ed**

"We were extremely concerned about the radio silence that we've heard about the fact that Judge Kavanaugh is slated to teach here in January," Singh told Metro. "We often find that women, especially women of color, are in a position of self-selecting out of important educational opportunities like classes or clerkships because the men in power have a reputation for harassment."

Christine Blasey Ford, a California-based academic, has said that Kavanaugh sexually assaulted her when the two were high school students. Deborah Ramirez also came forward on Sunday, accusing Kavanaugh of exposing himself to her at a party when they were Yale University freshmen.

The op-ed writers are members of the Harvard Law School Pipeline Parity Project, which works to end harassment and discrimination in the legal field. Other Harvard Law School groups joined for the Monday walkout.

"It was really energizing, there were so many people that came out" said Lauren Williams, president of the Harvard Black Law Students Association. "Just to see that we are all here standing in solidarity … for me it was really motivating, and I hope that we will continue and it won't just be a flash in the pan."

ADVERTISEMENT ADVERTISEMENT ADVERTISEMENT

Doctors Urge Knee Pain Sufferers

"Don't Get ANY Surgery Until You SeeThis…"

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

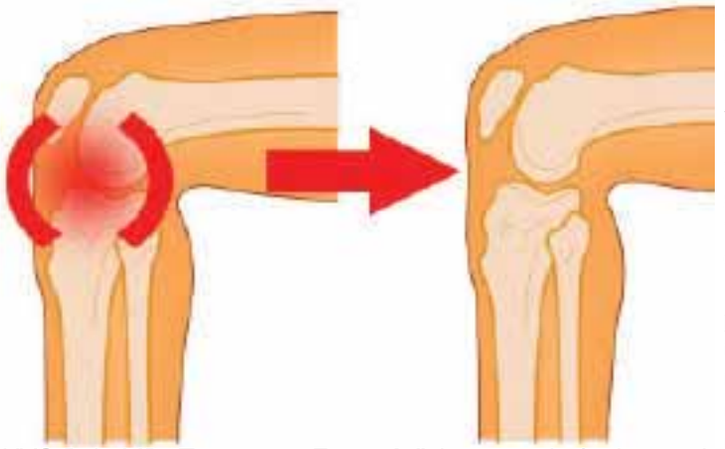
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

NYC PAIN MD

www.PainMDNY.com

877-296-6310

GETTY IMAGES

SEE WHAT'S POSSIBLE WHEN HEALTH CARE GETS PERSONAL.

We take the time to understand the needs and concerns of our Medicare and Medicaid health plan members to help them make the right decisions.

villagecaremax.org
1.800.469.6292 (TTY 711)
8 am to 8 pm, 7 days a week

VILLAGECAREMAX

VillageCareMAX Medicare Health Advantage Plan (HMO-POS SNP) is an HMO with a Medicare contract. Enrollment in VillageCareMAX depends on contract renewal. This plan is available to anyone who has both Medical Assistance from the State and Medicare. VillageCareMAX is available in the Bronx, Brooklyn, Manhattan and Queens. VillageCareMAX complies with Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATTENTION: Language assistance services, free of charge, are available to you. Call 1-800-469-6292 (TTY: 711). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-469-6292 (TTY: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-800-469-6292（TTY：711）.

H2168_MKT18_20 Accepted

Who is Deborah Ramirez, the latest Kavanaugh accuser?

The two were Yale classmates in the '80s.

MICHAEL MARTIN
letters@metro.us

On Sunday, the New Yorker published a report by Jane Mayer and Ronan Farrow in which another woman accuses Supreme Court nominee Brett Kavanaugh of sexual misconduct. Deborah Ramirez said that while they were students at Yale University, Kavanaugh exposed himself to her without her consent. Senate Democrats are investigating.

Who is Deborah Ramirez?
Ramirez, 53, studied sociology and psychology at Yale. After graduation, she worked for an organization that helped domestic-violence victims.

Her description of the incident
During her freshman year (1983-84), Ramirez said she was invited to a dorm-room party. She and a group of students played a drinking game, and everyone got drunk. She says that at one point, Kavanaugh came up to her and exposed himself. "I remember a penis being in front of my face," said Ramirez in the New Yorker. "I knew that's not what I wanted, even in that state of mind."

She added: "Brett was laughing [as he covered up]. I can still see his face, and his hips coming forward, like when you pull up your pants. … Somebody yelled down the hall, 'Brett Kavanaugh just put his penis in Debbie's face,'" she said. "It was his full name. I don't think it was just 'Brett.' And I remember hearing and being mortified that this was out there."

Ramirez was reluctant to come forward
The New Yorker reported that Ramirez was hesitant about making her allegation at first, because she had been drinking on the night in question and there were gaps in her memory. But "after six days of carefully assessing her memories and consulting with her attorney, Ramirez said that she felt confident enough of her recollections to say that she remembers" the details of the incident, the magazine said.

A number of former classmates back up Ramirez's story
A classmate who wanted to remain anonymous told the New Yorker that he remembered hearing about the incident after it happened, and that he was "100 percent sure" that he was told Kavanaugh exposed himself to Deborah Ramirez. Other students corroborated Ramirez's account in the New Yorker.

Kavanaugh might have committed perjury
During his Senate hearing, Kavanaugh swore under oath that as a legal adult he had never "committed any verbal or physical harassment or assault of a sexual nature." At the time of the incident described by Deborah Ramirez, both she and Kavanaugh were 18 and thus legal adults.

Painful Varicose Veins and Swollen Legs?

New Foxhurst Location
947 Southern Blvd. Bronx, NY Now Open

Varicose veins and spider veins are not just a cosmetic issue, they could be the sign of venous insufficiency.

If you or a loved one is suffering from:

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain
- ☑ Leg Cramps
- ☑ Swollen Legs
- ☑ Skin Discoloration
- ☑ Leg Ulcers
- ☑ Blood Clots
- ☑ Difficulty Standing

If left untreated these could lead to more serious complications. Don't delay, treatment takes 15 minutes.

Covered by Medicare and Most Insurance Plans

Don't suffer another day! Call us now!

(917) 717-5135

USA VEIN CLINICS™

www.USAVeinClinics.com

Manhattan:

1153 1st Ave, Manhattan, NY 10065 2 3 Ⓝ Ⓡ Ⓦ

122 Fulton Street Ste 500 New York , NY 10038 Ⓐ Ⓒ Ⓙ Ⓩ 2 3

4159 Broadway, New York, NY 10033 Ⓐ Ⓒ 1 4 5 6

1264 St. Nicholas, Washington Heights, NY 10026
168 St Ⓐ Ⓒ 1

Brooklyn:

924 Flatbush Ave, Brooklyn, NY 11226 Ⓝ Ⓑ 2 5

2511 Ocean Ave Ste 102 Brooklyn, NY 11229 Ⓝ Ⓡ Ⓑ

2444 86th St, Ste A, Bensonhurst, NY 11214 Ⓓ

2965 Ocean Pkwy Ste 200 Brighton Beach, NY 11235 Ⓝ Ⓑ

Bronx:

5221 Broadway Ave, Bronx, NY 10463 1

384 E 149 St, Ste 201, Bronx, NY 10455 2 5

NEW 2157 White Plains Rd, Bronx, NY 10462 2 5 Ⓓ

947 Southern Blvd. Bronx NY 10459 2 4 5

Queens:

116-02 Queens Blvd Forest Hills, NY 11375 Ⓔ Ⓕ Ⓜ Ⓡ

30-33 Steinway St, Astoria, NY 11103 Ⓝ Ⓠ Ⓜ Ⓡ

40-04 Forley St, Jackson Heights, NY 11373 Ⓕ Ⓔ Ⓜ Ⓡ 7

59-20 Myrtle Ave Queens, NY 11385 Ⓙ Ⓜ Ⓩ Ⓛ

NEW 1652-03 Jamaica, Ste 200, Queens, NY 11432 Ⓔ Ⓙ 5 Ⓕ

Staten Island:

1975 Hylan Blvd, Staten Island, NY 10306

Long Island:

260 Sunrise Hwy Ste 102

Valley Stream, NY 11581

Suburban NY/Rockland County:

156 Route 59, Ste B1, Suffern, NY 10901

New Jersey:

766 Shrewsbury Ave, Ste 300

Tinton Falls, NJ 07724

81 Route 37 West Toms River NJ 08755

© June, 2018 USA Vein Clinics®. All rights reserved.

Officials, Bird push for legal electric scooters ahead of L train shutdown

Council Member Antonio Reynoso is among those calling for legalization.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Bird e-scooters, seen here on a sidewalk in San Jose, Calif., have been popping up in cities across the country. JULIE HOTZ

City Council Member Antonio Reynoso and officials from Bird scooters are pushing for the city to legalize electric scooters ahead of the L train shutdown.

With the L train shutdown expected to disrupt the daily commutes of more than 225,000 straphangers, officials and entrepreneurs alike have been working on ways to provide New Yorkers with other transportation options during the projected 15-month construction period.

Electric scooters, like the Bird scooters available across the country, could help fill that transit gap, according to Reynoso — but they're currently illegal here.

In fact, electric scooters are illegal in New York state, a representative for the NYC Department of Transportation noted.

Per the New York State Department of Motor Vehicles, motorized scooters — defined as "a device with a motor attached and a handlebar for a standing rider" — are on a list of vehicles that cannot be registered or operated on New York state sidewalks, streets or highways.

City Council members Ydanis Rodriguez and Rafael Espinal are drafting legislation to legalize electric scooters in New York City. Reynoso added his support on Monday as many in his district are set to be affected by the L train shutdown.

"New Yorkers are being shortchanged by our city's current transportation system," he said in a statement. "Our bus and subway systems are antiquated, our infrastructure is decaying, and in some areas, it is difficult to access the limited options that we do have. This will be even more problematic in my own district once the L train shuts down."

Electric scooters are illegal at the state level, noted NYC Department of Transportation spokesperson Alana Morales. Though the department "is not outright opposed to motorized shared-mobility options," as shown with the spread of e-bike share programs in the city, she said in an email, the state still needs to weigh in.

"DOT is aware of the regulatory options and challenges around scooters, but for now, we need clarity from the state," she said.

NYC Ferry

WITH SIX ROUTES NOW IN SERVICE, NYC FERRY IS THE BEST WAY FOR NEW YORKERS TO COMMUTE AND CONNECT.

Download the NYC Ferry App to Purchase Tickets, View Schedules & Service Alerts, and Track Your Ferry in Real-Time

Download on the App Store | GET IT ON Google Play

@NYCFerry | @NYC_Ferry | ferry.nyc

United Nations General Assembly affecting NYC Ferry, bus service

New Yorkers have already been warned to expect more gridlock-alert days than usual now that the United Nations General Assembly is underway. But the annual U.N. summit is also affecting service on city buses and the NYC Ferry as well.

The NYC Ferry's 34th Street landing, which is a primary stop for those routes and a transfer hub to other NYC Ferry routes, is just blocks from the U.N. headquarters, which stretches along First Avenue from East 42nd Street to East 48th Street.

Passengers will face "potential delays and/or cancellations on the Astoria, Soundview, East River and the Lower East Side NYC Ferry routes from Tuesday, Sept. 25 through Friday, Oct. 5," the service said, adding that riders will be updated via the app or ferry.

Due to the UN General Assembly, some NYC Ferry routes have been suspended, while there are service changes to some NYC buses. WIKIMEDIA COMMONS & LUIS MATOS

Riders on routes of NYC buses that serve Midtown East can expect delays and rerouting during the duration of the U.N. General Assembly.

For the most up-to-date service info for NYC buses, straphangers are urged to visit mta.info or plan trips via new.mta.info.

NIKKI M. MASCALI

MTA

Affected buses

Some of the affected buses include:

Eastbound:
BM5, BM1, BM3, BM4, M50

Southbound:
BxM3, BxM4, BxM6, BxM8, BxM9, BxM10, BxM11, M5/M5 LTD; both directions of the M42, M34 SBS, X37, X38, X27, X28, SIM8/8X/SIM25 and SIM31; and southbound SIM3, SIM10, SIM30, SIM1C, SIM3C, SIM4C

Northbound:
M15/M15 SBS

Westbound: Q32

BRIEF

UK PM May to meet Trump in New York to discuss Brexit, trade

Prime Minister Theresa May will discuss Brexit and a bilateral trade deal with President Donald Trump on Wednesday on the sidelines of the United Nations General Assembly in New York, amid increasing uncertainty over Britain's E.U. exit plans.

"She will be discussing a post-Brexit trade deal amongst a range of subjects also including chemical weapons and foreign affairs," a senior U.K. official said on Monday.

"When they meet they often discuss Brexit negotiations and they both have a strong commitment to securing a strong U.K.-U.S. free trade agreement once we've left [the European Union]."

A trade deal with the United States is seen as an important way to help offset the economic impact of leaving the E.U. in March next year. May's government has long touted the freedom to strike such deals independently of the E.U. as the main economic benefit of Brexit.

Any supportive comments from Trump could boost May's struggle to win over critics who say her exit plan is unworkable, and soothe financial markets which expect severe disruption if she is unable to get a Brexit deal.

GETTY IMAGES

During a visit to Britain earlier this year, Trump said the two countries could secure a "great" post-Brexit trade deal, lavishing praise on May and contradicting his own earlier withering assessment of her exit strategy.

The U.N. meeting is likely to be dominated by Trump touting his drive to protect U.S. sovereignty, which has some world leaders worried over America's commitment to the multilateralism that has governed the United Nations since World War II.

May will also use her two-day trip to New York to warn against allowing the use of chemical weapons to become normalized, citing the use of a nerve agent in Britain earlier this year and chemical attacks in Syria. REUTERS

A crowd of people partying at the House of Yes, a nightclub, dance for a music video on Feb. 8, 2018, in Bushwick, Brooklyn. GETTY IMAGES

NYC wants your help in improving nightlife

Residents in all five boroughs can weigh in on the New York City nightlife landscape.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Do you have any ideas on what could make New York City nightlife even better? The city's Office of Nightlife wants to hear your thoughts.

The Office of Nightlife, which is part of the Mayor's Office of Media and Entertainment, announced on Monday a schedule of upcoming town-hall events throughout the five boroughs where residents can share comments, concerns and ideas for improving New York City nightlife.

Ariel Palitz, senior executive director of the Office of Nightlife (a.k.a. the city's first "Nightlife Mayor"), will lead the listening sessions.

"New York nightlife is a large part of who we are, and a big part of why people want to live, visit and play here."

Ariel Palitz, senior executive director of the Office of Nightlife

"New York nightlife is a large part of who we are, and a big part of why people want to live, visit and play here," Palitz said in a statement. "Nightlife is about being social, coming together, making a living and celebrating life. But it also comes with real challenges. These listening sessions are the perfect opportunity to hear from all New Yorkers, both inside and outside of the industry, to ensure that nightlife and New York works for everyone, 24/7."

New York City nightlife is crucial to the city's economy, officials say, so business owners are especially encouraged to participate, along with residents, nightlife patrons, employees and artists.

Schedule for New York City nightlife listening sessions:

- **BROOKLYN**
  Tuesday, Oct. 2
  Murmrr Theatre at Union Temple of Brooklyn
  17 Eastern Parkway, Brooklyn, NY 11238
  6-8:30 p.m.

- **QUEENS**
  Tuesday, Oct. 16
  LaGuardia Performing Arts Center at LaGuardia Community College/CUNY
  31-10 Thomson Ave., Long Island City, NY 11101
  6-8:30 p.m.

- **STATEN ISLAND**
  Tuesday, Oct. 30
  The Historic Music Hall at Snug Harbor Cultural Center & Botanical Garden
  1000 Richmond Terrace, Staten Island, NY 10301
  6:30-9 p.m.

- **BRONX**
  Thursday, Nov. 15
  Repertory Theater at Hostos Community College/CUNY
  450 Grand Concourse, Bronx, NY 10451
  6-8:30 p.m.

- **MANHATTAN**
  Wednesday, Nov. 28
  The Town Hall
  123 W. 43rd St., New York, NY 10036
  5:30-8 p.m.

Still feeling
BLUE?
We're taking a different approach to depression.
If you've tried depression medications and they haven't worked very well, you're not alone. We're developing an investigational drug designed to work along with your antidepressants to see if it can help address unresolved symptoms. Please consider joining this investigational study. As long as you're 18 years of age or older, you may be eligible to participate whether or not you are currently taking an antidepressant.
TO LEARN IF YOU QUALIFY, CONTACT:
Synexus 718-969-3005
All eligible study participants may receive at no cost:
CONSULTATION WITH STUDY DOCTOR
STUDY DRUGS
STUDY-RELATED CARE AND VISITS

How college students can get involved with *disaster relief*

ISTOCK

Applying to volunteer or intern can make a huge difference in the wake of Hurricane Florence.

PAT KING
patrick.king@metro.us

As of right now, the Washington Post has reported that between 750,000 and 1 million people have been displaced or are without power in the aftermath of Hurricane Florence. Nearly 40 deaths have been recorded since the storm touched down in North Carolina earlier this month. This is the third major hurricane in almost two years after Hurricane Maria in Puerto Rico and Harvey in Texas. Needless to say, there is a lot of work that can be done and many organizations are looking for willing volunteers to help with the cause. So what can current college students or recent grads do if they are interested in helping with disaster relief efforts in the wake of these natural disasters?

Disaster relief internships

Habitat for Humanity offers a variety of different internship programs for those looking to help those who have been affected by things beyond their control. But for those looking to make an impact while gaining useful experience for later work in the field of disaster relief, you can apply to Habitat's one-year Disaster Risk Reduction and Response internship at their Atlanta headquarters. These internships focus on researching logistics and coordinating with Habitat's teams throughout the world as they rebuild homes for those experiencing hardships. The internships are unpaid, but you will gain valuable experience and college credit with one of the world's most reputable organizations dedicated to disaster relief.
For more information on these internships, head over to habitat.org.

Get out and volunteer

All Hands and Hearts is currently accepting volunteers to assist with hurricane relief for the residents who have been affected by Florence. One of the most important tasks that volunteers will be assisting with is delivering meals to those who have been displaced from their homes. This volunteer program will put you directly on the front lines and will be the most effective way to make a difference firsthand for those who are struggling in the wake of this natural disaster. Outside of the continental U.S., All Hands and Hearts is also accepting volunteers for their continued efforts to help those affected by Hurricane Maria in Puerto Rico as well.
For more information on volunteering, head over to allhandsandhearts.org.

750,000-1 million

PEOPLE HAVE BEEN DISPLACED OR ARE WITHOUT POWER FOLLOWING HURRICANE FLORENCE.

YOU HAVE A VISION FOR YOUR CAREER.
NOW MAKE IT A REALITY.
You've nearly completed your undergraduate degree, but sometimes other obligations get in the way. Make the commitment to finish now! At the NYU School of Professional Studies Division of Applied Undergraduate Studies, we'll be with you every step of the way, working to provide you with an education that fits your busy lifestyle. Our Bachelors Degrees help to define your professional path and build your skills and your network. It's time to make the NYUSPS investment in your career, your future, and yourself.
BACHELOR OF SCIENCE:
Applied Data Analytics and Visualization (STEM) • Digital Communications and Media (STEM) • Healthcare Management
Information Systems Management (STEM) • Leadership and Management Studies • Marketing Analytics • Real Estate
BACHELOR OF ARTS: Applied General Studies • Humanities • Social Sciences
VIRTUAL INFO. SESSION - Tuesday, Oct. 16, 7 p.m.
WALK-IN WEDNESDAYS
Sept. 26; Oct. 3, 10, 17, anytime 9 a.m. - 6 p.m.
Register - sps.nyu.edu/appliedUG/events53
NYU SCHOOL OF PROFESSIONAL STUDIES
Division of Applied Undergraduate Studies
For information: visit sps.nyu.edu/appliedUG/bachelors53 or call 212-998-7100.
New York University is an affirmative action/equal opportunity institution. ©2018 NYU School of Professional Studies.

How to get a handle on your finances once you've graduated

A new study breaks down how many college grads really know their credit scores.

PAT KING
patrick.king@metro.us

For some, attending college can be a testing ground for how well you manage your finances as you enter your adult life. After all, you are now on your own and it is up to you to keep a budget to make sure that you aren't stranded far from home. These spending and saving habits will roll over once you have graduated. And as a new study suggests, there are some real differentiating factors that may go into why certain people are on top of or

YOUR LEGS DON'T HAVE TO SUFFER!

- VARICOSE VEINS
- SPIDER VEINS
- LEG ULCERS
- LEG SWELLING
- BURNING
- ITCHING
- RESTLESSNESS

Personal & discrete care delivered directly by Ronald Lev, MD

Certified by the American Board of Venous and Lymphatic Medicine

We Accept Most Health Insurances including Medicare

Minimally invasive procedures

Trust the doctor that cares about you!

CALL TODAY!
212.204.6501

ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN

111 John St, Ste 1450
New York, NY 10038

369 Lexington Ave, Ste 18A
New York, NY 10016

TreatmentsOfManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

LOOSE DENTURES?
Smile with Confidence

$100 off each* NEW denture! Exp: 10/15/18

Miracle on 35th Street

Emergencies And
Most Insurance Plans Welcome
Senior Cit. Discounts*

New York's Place for Same Day Dentures for more than 40 Years!

Leaders in Implant Dentistry! - Est. 1977

DENTURE REPAIRS AND RELINES WHILE-U-WAIT!

FREE CONSULTATION

HERALD SQUARE DENTAL™
& THE DENTURE CENTER™
EST. 1977

CALL NOW
212.689.0024
224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com
*Offers cannot be combined

ALL PHOTOS ISTOCK

neglect their finances once they enter the real world.

Home and automotive insurance company EverQuote were able to find some rather specific statistics after surveying a wide-reaching sample of recent college graduates. For instance, the study found that 73% of recent college graduates say they know what their credit score is — but on the other hand, 25% of recent college graduates do not. This means that these graduates are unprepared to make big life decisions, like buying a car or taking the steps to own property.

Furthermore, the study takes a look at what the spending characteristics are of both young Democrats and Republicans who recently graduated, reporting that Democrats tend to have more credit cards, with 91% of Democrats having at least one credit card, compared to 88% of all Republicans having at least one credit card. But while Democrats have more credit cards in their wallets, the study found that 78% of Democrats know their credit score, while only 68% of Republicans know their score.

So why are there such differences between recent graduates, and what can they do to prepare themselves for budgeting once they've earned their degrees?

"New graduates may feel overwhelmed with bills and put savings on the back burner," explains Amy Danise, a senior editor at EverQuote. "But current retirement savings statistics give a glimpse into an alarming future if they don't save. Many people nearing retirement have little or no retirement money. Start contributing to a 401(k) as soon as you have a job with access to one. Take free money from your employer! That would be in the form of a 401(k) match. Also free: getting your credit score. It's important to be armed with knowledge about how lenders see you. A low credit score will cost you in the future when you need a car loan or want a mortgage. You'll get higher loan rates. Even many landlords now want to see a credit history before renting. If you're in the dark about your own credit score, you won't take steps to improve it."

As Danise sees it, the earlier students become familiar with money, the better off they are when dealing with their finances after they've earned their degrees. The study found that the majority of people who had a better understanding of their finances had been given some sort of allowance by their parents growing up. As she explains, even if an allowance is small it will still show the importance of keeping a budget and create a valuable habit for these kids going forward.

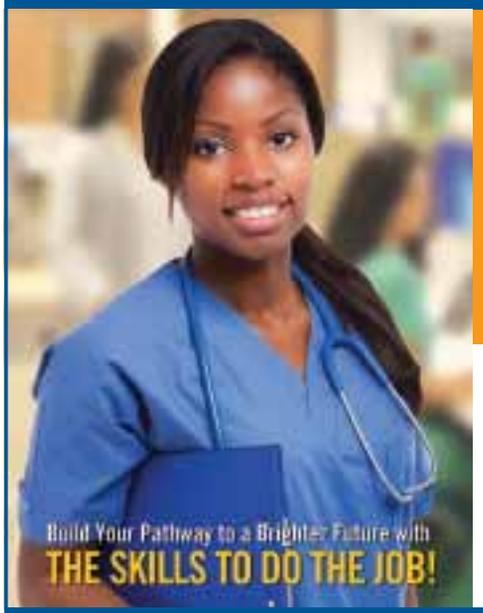
We were surprised that family budgets while growing up didn't have a consistent impact on money management," says Danise. "Getting an allowance turned out to have a big impact. But whether a family lived on a tight budget or spent freely didn't seem to influence future skills with finances. Message to parents: Give allowances!"

Division of
Continuing Education & Workforce Development
Hostos Community College

The Allied Health Career Pipeline Program

CUNY

If you are eligible, our healthcare trainings are FREE



- Certified Nursing Assistant (CNA)*
- Health Information Technician (HIT)**
- Home Health Aide (HHA)
- Patient Care Technician (PCT)**
  (PCT is only available to our current CNA students)

*Licensed New York State Nurse Aide Certification
**National Healthcareer Association Certification

Program benefits include:

- Individual case-management
- Certification upon successful completion
- Job placement and internship assistance
- Textbooks and uniform
- National / State exam fees
- Eligible childcare cost assistance

Call Now! 718-664-2548
or email Pipeline@Hostos.cuny.edu • visit www.hostos.cuny.edu

HPOG is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities. This document is supported by Grant #90FX0039 from the Administration for Children and Families, U.S. Department of Health & Human Services (HHS). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS.

HPOG

Allied Health Career Pipeline Program
427 Walton Avenue, Bronx, NY 10451 Pipeline@Hostos.cuny.edu www.hostos.cuny.edu/Continuing-Ed

@metro newyork

the GRUMBLE

Pat King
Grumble Editor

READER WRITE-INS:

DISGUSTING BREAK ROOM!
People at work can be pretty disgusting when it comes to eating their food. After some of my co-workers finish eating they don't even bother cleaning up after themselves. All you see is crumbs from their food all over the table, and soiled napkins. What's even more frustrating is the food in the fridge. I understand if people can't finish their food and they want to save half of it for leftovers, but what they shouldn't do is leave the leftovers for more than two weeks in the fridge. What I don't understand either is when someone brings in fruit to work, but then leaves it in the fridge to rot. I especially hate when people leave empty dirty food containers in the fridge. You wash it and bring it back home or you throw it away; it's that simple. As for the microwave and toaster, if the food explodes or spills over, just wipe it up. Don't leave it for someone else to clean up. The break area at work is for public use, it is not your home. People need to have some consideration or basic cleanliness in the workplace.
— **Lisa M.,** *Metro US reader*

ISTOCK

CURB YOUR DOG!
What's up with people NOT CURBING their dogs? The key word is "CURB." This means the dog should eliminate its waste at the curb, not in the middle of the sidewalk. Most importantly, poop needs to be picked up and disposed of properly. I am sick of trying to avoid dog urine and poop on the sidewalk. I have to walk with my head down and navigate the sidewalk maze that consists of dog waste of all types. If you are a dog owner, please adhere to the basic concept of CURBING YOUR DOG. Humans and canines should be able to share the sidewalks of the Big Apple without having to sidestep.
— **Bernadette,** *Metro New York reader*

Tell us what you think!
@metro newyork

VENT TO US!
GRUMBLE@METRO.US

#metronewyork
caption this photo

Every day we will post a new photo and give you the chance to send in the funniest caption to go along with it. We'll publish the best caption the following day. Send us your best ideas to **@metronewyork @metroboston @metrophilly**

GETTY IMAGES

The winning caption from Joshua Richard, *Metro Boston reader*

TOMORROW'S PHOTO:

GETTY IMAGES

metro & event

INVITE THE WORLD TO YOUR EVENTS
List your event on metro.us/events

metro.us/horoscopes

Aries Keep your thoughts and feelings to yourself, regardless of what transpires. The less others know about you, the easier it will be to deal with sensitive situations.

Taurus Keep everyone guessing. Don't expect everyone to agree with you or back you. Using an element of surprise will give you the upper hand when dealing with a partnership.

Gemini A last-minute change of plans will require you to act quickly, efficiently and intelligently. Hands-on assessment and application will help you win favors and respect.

Cancer Slow down. Take your time, go over every detail and go all-out to guarantee you make the right choice. Let your intuition guide you.

Leo Talk to peers, relatives or anyone who can offer insight into what's happened in the past. Knowing what you are up against will lead to better choices. Poor decisions will be costly.

Virgo Someone will be intent on finding out more about your personal assets, medical or legal records. Protect your personal documents. Concentrate on personal improvements.

Libra You'll be intent on making changes, but make them for the right reasons. Impulsive action will not solve problems, but a calculated adjustment or well-thought-out plan will.

Scorpio Personal changes will greatly help you. Look inward, not to someone else, to fix any problems you are experiencing. Improvements begin within, and they will require an effort on your part.

Sagittarius Discuss your plans with those who will be most affected by the decisions you make. Once you get the go-ahead, don't hesitate to start the process.

Capricorn Mixed emotions will make it difficult for you to discern the right choice. Too many options or interference will keep you guessing. Don't let your feelings take charge when practicality is required.

Aquarius Someone or something from your past will resonate with you when it comes to decisions that will affect your personal finances, a contract or a personal change you want to make.

Pisces An unexpected change will be a pleasant surprise. The support and backup you get will help secure your position and encourage future reward and advancement. EUGENIA LAST

Free food and art at Grand Central

The station marks two special anniversaries in 2018, and this is your week to celebrate, with free and discounted bites all over the terminal.

EVA KIS
eva.kis@metro.us

The Campbell Bar will offer a list of cocktails at 1998 prices on Oct. 1. PROVIDED

It's a good week to be hungry around Grand Central. Today and Thursday (Sept. 27) is Taste of the Dining Concourse, with free tastings from 2-3 p.m. at participating restaurants on the Lower Level Dining Concourse.

Then next Monday, Oct. 1, offers even more deals all over the terminal. Grand Central opened in 1913, but it didn't exist as the station we know and love today until Oct. 1, 1998, when a $200 million renovation cleaned up the main hall and brought in the first retail shops, food stands and restaurants. For the 20th anniversary of this transformation, many of them are rolling back prices to what they were in 1998.

Participating in the one-day throwback are the recently renovated secret bar The Campbell, the iconic Grand Central Oyster Bar & Restaurant, newcomer Doughnut Plant and Li-Lac Chocolates, all selling various items priced as they were in 1998 — that works out to about a 35% discount on today's prices. Check out the full list of participating vendors at grandcentralterminal.com.

Morning commuters on Oct. 1 will also be treated to live '90s tunes from 7:30-9:30 a.m. Collectors, be on the lookout for special Grand Central-themed Rubik's Cubes, which will be given out at various locations around the terminal.

This year also marks the 40th anniversary of the preservation campaign (supporters included Jaqueline Kennedy Onassis) that saved Grand Central from the same fate as Penn Station in 1978.

Through Oct. 15, check out "Details & Light," an exhibit of historic photographs of the station at Cafe Grumpy (located in the Lexington Passage). And through Oct. 5, visit Vanderbilt Hall for "Saving Grand Central," which traces the station's history from its construction in 1903-13 to the Municipal Art Society's preservation campaign in 1978, and the 1998 restoration that turned the station into the dining and shopping hub it is today (not to mention adding air-conditioning and heating!)

www.nylaser.net

Be Hairless and Smooth

Get 2 for the price of 1

HAIR REMOVAL END OF SUMMER SALE

WAX IT OFF... EUROPEAN WAX FOR SENSITIVE SKIN
2 For 1 Sale - Do One Now Save One For Later

Brazilian Wax	2 for $50
Full Legs Wax	2 for $50
Face Wax	2 for $50
Back Wax	2 for $50
Full Arms Wax	2 for $50
Chest & Stomach Wax	2 for $60
Full Body Wax Includes Brazilian Area	$69

**Pain free wax $15 extra per area

coolsculpting FAT REDUCTION
No Surgery * No Diet * No Exercise
One Treatment Is All You Need • Results in 3 weeks
$300 off FREE CONSULTATION
We accept care credit and can help you apply

LASER HAIR REMOVAL... PERMANENT RESULTS
All Skin Types. Updated Lasers. Yag & Diode.

Small Area	$50
Medium Area	$75
Large Area	$99
Full Body	$199

Package Sale: Buy 5 Get 1 Free

THREADING HAIR REMOVAL

Eyebrow threading	2 for $25
Full face threading includes brows	2 for $40

COOL LIFTING
Anti-aging treatment with immediate results • Look younger within 30 minutes • Plumps skin • Improves elasticity • Stimulates collagen • Reduces wrinkles $75

Laser, Slimming & Anti Aging Spa

180 7th Ave. South, Btwn W. 11th St. & Perry St.
212.229.1389
Open 7 Days • Exp. 9/30/18. We accept care credit

Immerse yourself in an ambitious, collective choral work featuring 1,000 singers from New York City's five boroughs—staged on the High Line for five nights only!

Get your FREE tickets starting at 12 noon, September 5. Get more info at milelongopera.com.

Timed ticketed entry starting at 7:00 PM.
Advance tickets required. @milelongopera #milelongopera

Dan Fogelman doesn't understand why critics 'come after' *'This Is Us'*

"There was and continues to be a very cynical view of our television show."

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"This Is Us" season 3 debuts at 9 p.m. tonight. NBC

Dan Fogelman is well aware that critics seem to have some kind of aversion to his output as a writer and director.

That's exactly why he wrote a letter for Deadline preemptively defending "Life Itself," his sophomore work as a writer and director. When we broached the subject of mixed reviews with Fogelman, he took the chance to reveal that he has never understood why his hit NBC show "This Is Us" has always been dismissed by reviewers, too.

"For lack of a better word, 'dramedy' is always a very divisive thing for critics. I have never quite understood it with my television show, when they come after it," says Fogelman. "It gets lost in the wash because we get award nominations. But there was and continues to be a very cynical view of our television show."

"Which is really kind of important to a lot of people and I think it is very well-crafted. I don't understand it, I don't need it. But, yeah, it is hard," he adds. "I think, for me, that kind of stuff adds to the darkness on the internet. I have never understood it. I understand it is a necessary thing and that people have jobs to do."

But while Fogelman is obviously perplexed and a tad frustrated that critics don't take his work more seriously, he made sure to point out that when he is writing and/or directing either a television show or a film, he only has the paying audience in mind.

And he has been overjoyed with their reaction to "Life Itself."

"If it was to happen with this film, it is not really who I made this for," says Fogelman. "I made this for sophisticated audiences who go to movies. I have seen the reaction and I think it is going to be important to those that see it."

"This Is Us" season 3 premieres tonight on NBC.

Great CD and Savings Rates!
Choose the account that's right for you.

1 Year CD*
2.25% APY

6 Month CD*
2.00% APY

100% liquid
No monthly maintenance fee

Grand Yield Savings®
1.60% APY
for balances of $2,500 and up**

Visit one of our conveniently located branches today!

Annual Percentage Yields (APYs) disclosed are effective as of 8/21/18 and may be changed by the Bank at any time. *CDs require a $1,000 minimum balance to open and earn interest. Early withdrawal penalty may apply. CDs must be opened in person at an Apple Bank branch. ** For the Grand Yield Savings Account, interest earned on daily balances of $2,500 or more at these tiers: $2,500-$9,999: 1.60% APY, $10,000-$24,999: 1.60% APY, $25,000-$49,999: 1.60% APY, $50,000 or more: 1.60% APY. There is no interest paid on balances between $1-$2,499. $100 minimum deposit required to open account. A combined $3,000,000 maximum deposit per household applies to the Grand Yield Savings Account. A household is defined as a family residing at the same address. This account may be opened as a passbook or statement savings account. Offer may be withdrawn at any time without prior notice.

Apple Bank
Established 1863 · Member FDIC
www.applebank.com

The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this … gulp… disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis. In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.

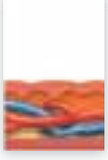
ErectionWave
Enhancement for Men

A **Breakthrough** Solution for **Men** Seeking Better **Erections** and Optimal **Sexual** Performance

Shockwave Treatment
✓ Opens Arteries Clogged with Plaque
✓ Increases Penile Artery Blood Flow
✓ Increases Size of Penile Veins
✓ Improves Penile Nerve Function
✓ Increases Stem Cells in the Penis
✓ Painless Natural Holistic Treatment
✓ Done In Office by Expert Provider

Priapus Shot
✓ Increases Penile Site by up to 3.5cm
✓ Proven in Many Peer Review Journals
✓ Uses Your Own Regenerative Cells

Testosterone Replacement
✓ Improves Sexual Desire and Helps ED
✓ Monitored by a Urologist so not Risky
✓ Do Not Settle for just Any Doctor!



Painless Sound Waves
✓ Easy 20 Minute Office Treatment
✓ Increases Penile Performance and Size
✓ 100% Natural without Chemicals
✓ Proven by Over 70 Scientific Studies

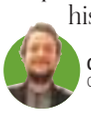
Eliminates the Need for Viagra, Injections & Penile Pumps
Throw out all your snake oil and come to see an expert in sex function! Our staff of expert providers will find out what is wrong and treat you based on the testing and your circumstances. Call us for a private appointment for evaluation and treatment.
800 Second Avenue, Corner of 42nd Street, New York City
(212) 661-0060

Dr. David Shusterman
Board Certified Urologist
Renowned Top Doctor
Expert in Sexual Function
Expert in Increasing Size
Founder and Developer
20 years treating ED
SexUrologist.com

John C. Reilly heads west with 'The Sisters Brothers'

John C. Reilly brings his humor out west with "The Sisters Brothers."
ALL PHOTOS MAGALI BRAGARD / ANNAPURNA PICTURES

The beloved actor talks us through giving the quintessential performance of his career.



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

John C. Reilly instantly knew that he could work wonders in "The Sisters Brothers."

This was even before it was a movie script: Reilly was originally handed Patrick deWitt's manuscript for his book back in 2010, when he was working on the New York indie "Terri."

"It just really jumped off the page," Reilly tells Metro. "Eli was an amazing character. I recognized it right away. It was like he was reading my mind."

Reilly was so attracted to the character of Eli, who alongside his younger brother Charlie (Joaquin Phoenix) forms one of the most feared hitmen partnerships in the Wild West of 1850s America, that he jumped on board the project as a producer.

Clearly Reilly has a great eye, because eight years later, he has been able to give the quintessential performance of his career as Eli, who in "The Sisters Brothers" tracks the trail of Warm (Riz Ahmed), a chemist who has calculated a complicated formula for prospecting gold that is destined to make him a millionaire.

But what did Reilly originally see in Eli?

"There's a loyalty that he has. And a protective quality," says Reilly. "I was drawn to how vulnerable the characters were in the story. That was really what drew me in. You end up having sympathy for these guys in the end."

Free Implant CONSULTATION
Missing teeth?
Loose dentures?
Get implants, chew better!

• Free Financing Available
• Permanently Replace Missing Teeth
• Se Habla Espanol
• Awarded New York's Top Cosmetic Dentist
• Most Insurances Accepted

Over 20 years of experience

Our Convenient Location
(250 East 58th St NY, NY 10022), Near all major trains
NewCenturysmile.com | Call (212) 752-2212

reach over 2.3 million people every week.
to advertise, contact (212) 457-7735 or advertising@metro.us
source: nielsen scarborough 2014-15 r2. adults 18+
metro media media.metro.us

Do you or a loved one suffer from bipolar disorder?

Synexus is conducting research studies for men and women who struggle with bipolar disorder in your area.

Qualified participants will receive study-related care and medication at no cost, and may be compensated for study-related time and travel.

Call 718-969-3005 today or visit synexusclinic.com

SYNEXUS
Together for the future of health

MANHATTAN Best Dental Care

Thanks To The High Volume Of Satisfied Patients We Could Reduce Our Prices Again!

A beautiful and healthy smile has never been more affordable Up to 50% OFF

Interest Free Payment Plans From $0 Down

We Are Giving You 10 Reasons To Smile:

Oral Exam, Consultation.	Free	
Oral Cancer Screening	Free	
X-Ray With Teeth Cleaning	$175	~~$300~~
Implant With Porcelain Crown	$1499	~~$3000~~
Invisalign Clear Braces	$4999	~~$7000~~
Zirconia Porcelain Crown	$700	~~$1400~~
Zoom Teeth Whitening	$399	~~$599~~
Overdentures With Implants	$4490	~~$7500~~
Porcelain Veneer	$700	~~$1400~~
Root Canal	$700	~~$1400~~

80-45 Kew Gardens Rd.
Kew Gardens, NY 11415
(718) 261-2005

Call for Free Consultation

1623 3rd Ave., Suite # 204
New York, NY 10128
(212) 722-4088

www.manhattanbestdentalcare.com

Reilly and Joaquin Phoenix star as brothers turned hitmen in the new flick.

At the same time, "The Sisters Brothers" once again proves that Reilly is able to mix comedy and drama in a way that no other actor of his generation can. Which makes it all the more bizarre that Reilly didn't originally notice the humor in the story.

"It never struck me as a comedy so much when I read the book," he says. "It was more when we were doing it. It was more circumstantially.

"Like the first time someone brushes their teeth or something," Reilly adds. "There was a charm and a humor to it in the book, because it just seems so odd that this is the first time he is trying to do it. It is a different kind of comedy. It is not so much joke-based."

As humble as you'd expect, Reilly is quick to praise those around him for making "The Sisters Brothers" quirky yet profound, particularly Phoenix and director Jacques Audiard.

"Joaquin is just a fearless actor. He is probably the best person doing it in the world right now. Jacques is one of the greatest directors in the world," says Reilly. "It was really up to Jacques to cast Joaquin. I felt very strongly about him being in the film, as I felt I had this connection to him as an actor.

"But it was up to Jacques to balance all of these parts," he adds. "Including Jack Gyllenhaal and Riz Ahmed, and Jacques really masterfully balanced these four characters. Because you really feel as if you know them all by the end of the movie. And that is a real credit to Jacques."

"The Sisters Brothers" is now in select theaters.

NYSPI IRB Approved
THE
MEMORY DISORDERS CENTER
AT COLUMBIA DEPARTMENT OF PSYCHIATRY
Are you or a loved one worried about having Alzheimer's disease?
RECEIVE A FREE MEMORY EVALUATION & ACCESS TO CURRENT RESEARCH STUDIES
ELIGIBLE PARTICIPANTS ARE AGES 55-95
EVALUATIONS MAY INCLUDE:
• Neuropsychological testing for memory and cognition
• Formal assessment of behavioral changes
• Physical assessments such as blood screens and EKGs
• A second opinion on a diagnosis of Alzheimer's disease
• Counseling and education on available services and studies
MDC
CONTACT US
646-774-8671
1051 RIVERSIDE DRIVE
NEW YORK, NY 10032

NYSPI IRB Approved
Is your loved one suffering from agitation or aggression due to Alzheimer's disease?
Free treatment for individuals with a diagnosis of Alzheimer's disease or dementia who have symptoms of agitation or aggression
In this research study, eligible participants ages 55-95 will receive 12 weeks of free study treatment with help in behavioral management from experts in the field
If interested, please call
646-774-8671
Columbia University Medical Center
The study is conducted at the New York State Psychiatric Institute/Columbia University Medical Center and is funded by the National Institutes of Health.

XINCON
DO YOU KNOW YOU CAN HIRE YOUR FAMILY/FRIEND TO TAKE CARE OF YOU?
JOIN CDPAP NOW!
(Consumer Directed Personal Assistant Program)
With the CDPAP program you have the freedom to hire your own caregivers, they do not need to have HHA/PCA certificates. You can design your own schedule, and reward your caregivers with great benefits!
Pay up to $17.09 with holiday & vacation pay
Effective 12/31/2018 rate go up to $19.09/hr!
SERVICES IN ALL FIVE BOROUGHS INCLUDING LONG ISLAND AND WESTCHESTER SOCIAL WORKER PROGRAM PROVIDED
Call today: 212-560-9218
Visit us at 224 West 35th Street Suite 708, New York NY 10001
Xincon Home Care
www.xinconcare.com

HEALTH

ALL PHOTOS CONTRIBUTED

5 Wearables to take care of your health

Wearable devices are one of the most popular trends in the world of technology, especially when it comes to the well-being of their users. Recently, Apple released its Apple Watch Series 4 that is able to monitor your heart rate and even provide an electrocardiogram. Metro highlights the best wearables for tracking your health. DANIEL CASILLAS | METRO WORLD NEWS

Apple Watch Series 4

The latest version of Apple's smartwatch features significant advances, especially in the area of well-being. With the help of sensors, this wearable is able to measure heart rate, perform an electrocardiogram from the digital crown and warn of abnormal heart rhythms. It can even detect if the user has suffered a fall.

L'Oreal UV Sense

Prolonged exposure to UV rays can cause skin damage and even cancer. To help prevent this, L'Oreal created UV Sense, the first wearable electronic sensor without batteries to measure exposure to ultraviolet rays. The device adheres to your thumbnail and features an app that transfers and translates sensor data.

TZOA

Air pollution in big cities can be a major health risk. That is why TZOA was developed. A button-sized sensor that can be attached to clothes or a purse, it continually monitors the air quality and passes that info to a smartphone app.

KardiaMobile

Heart problems are one of the leading causes of death; detecting them early is very important. AliveCor developed KardiaMobile, a small mobile device accompanied by an app that is able to capture heart rate, rhythm and symptoms for early detection of atrial fibrillation simply by putting your fingers on the sensor.

Pip

Stress is a leading contributor to several illnesses. Pip could help to tackle the problem. Pip is a wearable capable of measuring changes in user stress levels through sensors that send direct information to an app. That application features auditory and visual feedback to externalise the body's changing stress levels and help reduce them.

The Future of Foot Surgery has arrived at NY Podiatric Medicine

Don't hide them… WE CAN HELP!
Specializing in Surgery and Aesthetics of the Foot.

Dr. Andrew Glass DPM
212-867-2500

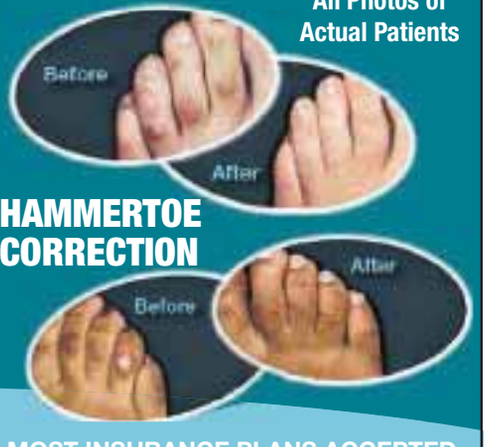
NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means Less Cutting

MINIMALLY INVASIVE
Bunion & Hammertoe Surgery
We have performed thousands of these procedures with state of the art technology

www.nymidtownpodiatry.com
MIDTOWN
315 Madison Ave., Suite. 2301 • 212-867-2500
As seen on and CBS

All Photos of Actual Patients



HAMMERTOE CORRECTION

MOST INSURANCE PLANS ACCEPTED

FREE CONSULTATION WITH THIS AD

Living well with my diabetes, high blood pressure and heart disease.

"The ladies at my senior center are teaching me Chinese so I can chat with them in their own language."

With several chronic illnesses, and needing help with many daily activities, George qualifies for nursing home care. But he lives well in his own home and community, thanks to a health plan from VNSNY CHOICE that coordinates all the care and supports he needs. As part of the Visiting Nurse Service of New York, CHOICE helps thousands of New Yorkers like George continue to live fuller lives.

VISITING NURSE SERVICE OF NEW YORK VNSNY | CHOICE℠ Health Plans

Qualify for Medicare and Medicaid?
Let's make a plan.
Call 1-833-823-7228 (TTY: 711)
8 am – 8 pm, Monday – Friday
vnsnychoice.org/AboutLTC

VNSNY CHOICE Total is an HMO SNP Plan with a Medicare contract. This plan is also a Medicaid Advantage Plus Plan, with a contract with the New York State Department of Health. Enrollment in VNSNY CHOICE Medicare depends on contract renewal. VNSNY CHOICE FIDA Complete is a managed care plan that contracts with both Medicare and the New York State Department of Health (Medicaid) to provide benefits of both programs to Participants through the Fully Integrated Duals Advantage (FIDA) Demonstration.

© 2018 VNSNY CHOICE

H5549_2018PrintGM2 Accepted 09232018

What is mindfulness, and why is everyone obsessed with it?

An easy way to practice the buzzed-about remedy for anxiety, depression and more.

MICHAEL MARTIN
letters@metro.us

> *"There are two key ingredients that form the foundation of all mindfulness-based approaches: awareness and acceptance."*
> Psychology professor Gregg Henriques, Ph.D.

ISTOCK

It seems like you can't threaten to have a nervous breakdown anymore without someone popping up and suggesting you try mindfulness.

Mindfulness has been called the most important psychological development of the millennium, with psychologists attesting to its effectiveness in ameliorating anxiety, depression, PTSD and chronic pain. But how do you do it? Even experienced therapy-goers find the concept a bit amorphous: Googling "mindfulness" brings up 27 million results, and some of them might not be legit.

Relax. Just concentrate on reading and absorbing this piece.

That, in a nutshell, is mindfulness.

What is mindfulness?

Mindfulness is a type of cognitive behavioural therapy, in which you attempt to change your mood by changing your thoughts. It's also referred to as a type of meditation and has roots in Buddhism. The modern process was developed around 1979 by a California academic.

"There are two key ingredients that form the foundation of all mindfulness-based approaches: awareness and acceptance," writes psychology professor Gregg Henriques, Ph.D., in Psychology Today.

Basically, to practice mindfulness, you concentrate on what you're doing in the present moment — sitting on a couch, gazing out a window, staring at your shoe — and focus on that down to the smallest detail: How the couch cushion feels beneath your hand, the color of a bird outside, the texture of your shoelace. You concentrate on your breath, and if your mind wanders, you just return to breathing.

Then you let your thoughts flow naturally from there, experiencing them without judging them, "without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment," says the Greater Good Center of the University of California-Berkeley. "When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future."

Practicing this can help you learn to focus and quiet an anxious mind and accept the world as it is and as it comes. Says Henriques: "Mindfulness practices teach individuals to learn to observe and accept the streams of thought and experience that run through their mind."

INTENSE ITCHING with PRURIGO NODULARIS?

Right now, doctors at **Sadick Research Group** in Manhattan are conducting a new research study for **chronic itch with prurigo nodularis (PN).** The study is for an investigational medication that may help reduce uncomfortable itching associated with PN.

If you participate, you will receive all study-related care and medication at no cost, and may be compensated for your time and travel.

To learn more, please contact us:

Sadick Research Group
911 Park Ave, Suite 1a
New York, NY 10075
SRG@sadickdermatology.com
(212) 772-7242

NULARIS

THE ROCKEFELLER UNIVERSITY HOSPITAL
CENTER FOR CLINICAL AND TRANSLATIONAL SCIENCE

Healthy volunteers needed for HIV vaccine study

Researchers at The Rockefeller University are testing the safety of two investigational antibodies directed against HIV.

You may be eligible if you:

- Are between the ages of 18 and 65
- Do not have HIV, Hepatitis B or C
- Have no history of an STD in the last year

Participation includes:

- Receipt of investigational antibodies
- Blood work
- Up to 20 visits over 48 weeks

Compensation is provided.

To learn more, contact our Recruitment Office at 1-800-RUCARES or email us at RUCARES@Rockefeller.edu

SPORTS

metro BET

BET BETTER

LATEST ODDS [NFL]

MINNESOTA AT LA RAMS (-6.5)
NEW ORLEANS (-3.5) AT NY GIANTS
NY JETS AT JACKSONVILLE (-9)
MIAMI AT NEW ENGLAND (-7.5)
PHILADELPHIA (-3) AT TENNESSEE
CINCINNATI AT ATLANTA (-5)
DETROIT AT DALLAS (-3.5)
BUFFALO AT GREEN BAY (-10.5)
CLEVELAND AT OAKLAND (-2.5)

MORE ODDS AT METROBET.US

Porzingis talks recovery, contract, Knicks future

The injured star spoke during media day on Monday afternoon.

JOE PANTORNO
joseph.pantorno@metro.us

New York Knicks star Kristaps Porzingis isn't going to see much of the court for a majority of the upcoming 2018-19 season.

While it is unknown whether his return from a torn ACL suffered back in February will be around Christmas or Valentine's Day, the 23-year-old Latvian told us all he knew at Knicks media day on Monday.

One thing is for sure, though: The Knicks and Porzingis are not rushing anything.

"There's no timetable yet," Porzingis said. "Whenever I'm ready, I'm going to be back.

"I'm getting itchy and I want to be back on the court as soon as possible," he continued. "But it won't happen until I am 110 percent and medically cleared."

It's already been seven months since Porzingis went down against the Milwaukee Bucks, putting a disastrous, early end to an All-Star season in which he put up a career-high 22.7 points per game along with 6.6 rebounds and 2.4 blocks.

His injury relegated the Knicks to a fourth-straight season in which they won fewer than 33 games as the Knicks went 6-21 in their final 27 games without Porzingis.

However, he showed that he was able to be the face of the franchise after Carmelo Anthony was traded to the Oklahoma City Thunder.

This season could very well be the last time the Knicks are near the bottom of a weak Eastern Conference for the foreseeable future. Changes have been plentiful for the organization, including the hiring of new head coach David Fizdale this offseason.

He'll be tasked with navigating the Knicks through one more down season before they become major players in free agency in 2019. With two max salary slots expected, the Knicks are expected to be in the running for the likes of Kyrie Irving, Jimmy Butler and maybe even Kevin Durant.

Porzingis, though, is eligible for quite a big payday himself. While he's eligible to sign a five-year, $157 million extension this offseason, the Knicks have already opted not to offer a max deal in order to preserve cap space to go after more stars.

The Knicks will have to play around half the season before getting Kristaps Porzingis back. GETTY IMAGES

While he claimed that he is not thinking about that, Porzingis is hopeful about life with his new head coach, who gained the reputation of being player-first after his brief stint with the Memphis Grizzlies.

"I believe that he's that type of person that wants to get the maximum out of each player around him," he said. "Me and him, we can work together really well."

We'll be able to find out when he gets back on the court, whenever that may be.

SadickResearchGroup

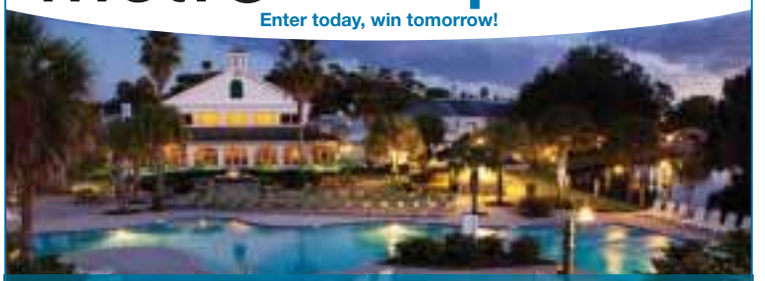
Frustrated with Redness?
Take control of your Rosacea.

Consider participating in an investigational research study for those:

- Who have moderate to severe rosacea
- Be at least 18 years old

CALL 212-772-7242 OR EMAIL SRG@SADICKDERMATOLOGY.COM
Qualified participants receive study related exams, and study medication at no charge.

metro® Sweepstakes
Enter today, win tomorrow!



Enter for a chance to win a trip for 2 to
Crystal River, Florida!
A $2,250 VALUE

ENTER BY SEPT. 27, 2018

Sign up at metro.us/winstuff for a chance to win:

- Round-trip coach class air transportation for two to Tampa, FL
- A six-day full-size car rental
- Five nights' accommodations at Plantation on Crystal River
- Manatee Tour for two including an afternoon river tour cruise

VISITFLORIDA
PLANTATION

Enter today, win tomorrow!
metro.us/winstuff

Why Giants' first win is so important

Big Blue picked up their first win on Sunday in Houston.

JOE PANTORNO
joseph.pantorno@metro.us

The Giants showed a flash of promise in their first win of the 2018 season against the Texans on Sunday. GETTY IMAGES

The New York Giants pulled off a rare feat on Sunday, something they have done only four times since Jan. 2, 2016.

Win.

A 27-22 triumph over the Houston Texans at NRG Stadium gave head coach Pat Shurmur and running back Saquon Barkley their first wins as Giants in an offensive display that was significantly different than the first two weeks of the season.

After averaging just under 290 yards of total offense in losses to the Jacksonville Jaguars and Dallas Cowboys, the Giants put up 379 yards and 27 points against a struggling Houston defense. Since Week 12 of the 2016 season, the Giants had scored 27 or more points just two times. (They have yet to hit the 30-point mark since 2015.)

But for a team that is coming off a 3-13 season and looked destined for it again after the first two weeks of the year, baby steps are required when it comes to turning around a franchise.

The big story just hours before Sunday's tilt was the Giants' decision to sit right tackle Ereck Flowers for second-year lineman Chad Wheeler.

While Flowers has been a weak spot within New York's line for the past three-plus seasons, throwing Wheeler into the fire by matching him up against Texans star pass rusher J.J. Watt was a risky move.

In no means was Wheeler's performance exception, as he allowed three sacks on the afternoon, but he and the Giants' offensive line gave veteran quarterback Eli Manning much more time in the pocket compared to Week 2 against the Cowboys.

With a cleaner pocket and a few extra seconds to scan the field, Manning showed that he can still sling it with the best of them, completing 25 of 29 passes for a season-high 297 yards and two touchdowns.

For the running game, Barkley also experienced an improvement in open spaces and avenues for him to exploit. The rookie rusher put together the most consistent game of his young career, averaging 4.82 yards on 17 carries while adding another 35 yards via five receptions.

The offense showing a glimpse of firepower should be a promising site to the organization, especially because of the upcoming schedule the Giants have.

New York's next four games are against offensively-gifted teams that are going to put plenty of stress on a defense that has performed well over the first three weeks of the season.

Expect the Giants' defense to let up a few more points than the meager 20.6 they've averaged so far.

Week 4 will see Drew Brees and the New Orleans Saints' No. 2-ranked offense visit MetLife Stadium. The aerial-happy offense leads the league in passing yards as Brees already has four different targets with over 100 yards on the season.

The Carolina Panthers will be coming off a bye week to host the Giants in Week 5. The extra time for preparation should see quarterback Cam Newton and running back Christian McCaffrey pick up even more momentum.

McCaffrey is coming off a career-best 184-yard performance against the Cincinnati Bengals while the Panthers put up a season-high 31 points.

It won't get easier when defending Super Bowl champions the Philadelphia Eagles come to town, as last year's MVP candidate Carson Wentz continues to find his footing after returning from a torn ACL and LCL, before the Giants head to Atlanta to meet Matt Ryan, Julio Jones and Calvin Ridley in Week 7.

A poor performance against the Texans would have led many to believe that the Giants would be 0-7 in the blink of an eye with this schedule. But the improvements shown on Sunday in Houston suggest that the Giants might be able to steal a game or two to at least stay relevant during the early portions of the 2018 season.

metro CLASSIFIED DIRECTORY
To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

SPA & MASSAGE
To advertise with Metro, email peter.blankenstein@metro.us

BODY WORK
Latino
Russian Asian
50th St. W • 212-956-7976
11am to 8am (21hrs)
28th St. E. Lexington Ave
646-682-7032
11am to 8am (21hrs)
9th St. E
646-918-6116
11am to 8am (21hrs)
15th St. W
212-727-7458
11am to 9.30pm
48th St. W • 212-247-8899
11am to 8am (21hrs)
89th St. E • 212-369-4345
24 hours

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

JOBS
General Help Wanted

HOME HELPER WANTED
HHA FOR GREATER PAY!
Without HHA? You can still help elderly friends & family members for great pay!
646-799-6062
646-660-0530 | 646-832-7647
or visit us at: 110 West 34th St. Suite 1207 Manhattan, M-F, 10-5

DOWNLOAD
THE METRO.US APP
App Store
Google play

CAREER TRAINING

ACCESS INSTITUTE
JOBS
We Train & Place!
Call: 718-263-0750
• PCT • HHA • CNA
• Med. Billing & Coding
• M.A • Pharmacy Tech
• EKG/Phlebotomy Tech
• Business Analyst/QA
• Media concepts: Audio • Video
• Solar Tech
• SAP
US Vets Call Now
FREE TRAINING IF QUALIFIED
Students Visas @ Low Cost
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

PEST CONTROL SCHOOL & SERVICES
6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION & RECERTIFICATION IN BED BUGS, TERMITES, STRUCTURAL, FOOD PROCESSING & LANDSCAPING
BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS
1(800) 220-5494 or (718) 205-0557
pestcontrolschoolny.com | pestmanagementsciences@yahoo.com
Call or Text #917.653.0319

HHA/CNA Training NYSED
Slow learner? Long time out of school? Job Placement Assistance $14.09/per hr
All benefits included
Call #718.349.8003

IMPORTANT INFORMATION:
All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro US reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any reason, for any error or omission in any ad.

metro CLASSIFIED DIRECTORY

To advertise please contact 866-900-9473 or Newyorkclassifieds@metro.us

LEGAL NOTICES

NOTICE OF FORMATION of Mommy & Me LLC Articles of Org. filed with the Secy. of State of New York (SSNY) on 08/06/2018. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 87-07 Jamaica Ave., Woodhaven, NY 11421 Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer, Liquor & Wine has been applied for by the undersigned to sell Beer, Liquor & Wine at retail in a Catering Hall under the Alcoholic Beverage Control Law at 173-10 Jamaica Ave., Jamaica, NY 11433. Queens County, for on-premises consumption. Tropical Fantasy Hall Inc. d/b/a Tropical Fantasy Hall.

NOTICE IS HEREBY GIVEN that a license number 1311628, for Restaurant Wine, has been applied for by the undersigned to sell Wine, Beer & Cider at retail in the restaurant under the Alcoholic Beverage Control Law at 23 Pell Street, New York, NY 10013 for on-premises consumption. Pell 23 Inc.

ITEMS WANTED

Absolute Yes! SAME DAY
!CASH PAID!
$45 AcuChek 100/Smartview100
888-415-0796 instant!
for Diabetic Test Strips
224 w 116 st, M-F, 2-4 p
or mail in B,C,2,3 trains

REAL ESTATE

Rooms for Rent

All Manhattan/Bronx

Furnished Rooms For Rent! Cable/Internet Ready! Move In Today! All utilities Inc. Starting Just $150/wk.
Call Us Now:(212)368-2685

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person $125wk/up room rentals
Studios $900/up
212-210-9206

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

PSYCHICS

WORLD FAMOUS ASTROLOGER

PANDITH: SURYA KRISHNA

KNOW ABOUT YOUR PAST, PRESENT & FUTURE
BY PALM, FACE, PHOTO READING
TO GET PERMANENT SOLUTION TO YOUR PROBLEMS

IF YOU HAVE A PROBLEM I HAVE SOLUTION

- Business Problems
- Money Problems
- Family Argument
- Lucky Lotto
- Love Problems
- Enemy Problems
- Marriage Problems
- Spiritual Problems
- Sexual Problems
- House Problems
- Worried about loved ones
- Husband Wife Problems

EXPERT IN: DESTROYING AND REMOVING BLACK MAGIC
PRIVATE & CONFIDENTIAL
929-601-7511
119-03 LIBERTY AVE., SOUTH RICHMOND HILL, NY 11419 NEXT TO MCDONALD (PRIVATE HOUSE)

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us

PSYCHICS

POWERFUL AFRICAN SPIRITUAL READER

Highly gifted & powerful spiritual healer
Immediate Results
All matter of life issues, personal growth guidance & clarity in finance.
Specializing in love, career, black magic, removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed.
Quick Results.
100% Guaranteed.

One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

MOST POWERFUL AFRICAN PSYCHIC

Mr. KALLO
LOVE GURU
39 Years Experienced LOVE EXPERT
I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy
NO MORE PAIN, NO MORE DISSAPPOINTMENT,
MEET LOVE MASTER TODAY & GET SOLUTIONS
347-271-3493, 917-946-4662

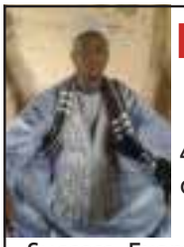
Mr. Mane International
Renowned African
Psychic & Advisor

No matter how complex and difficult your situation, you can count on Mr. Mane's professionalism, discretion and spiritual skills to solve your issue in the quickest way.

Love Master: Return of Loved One Quick, Black Magic, Obeah, Voodoo & Jadoo, Release from Spell, Protection, Business Success, Court Issue, Exams, Immigration Case, Gambling, Family Issues, Unknown Disease & Sexual Problems Etc...

Quick results Call **646-886-3995**
Manhattan & Bronx
www.mrmanemedium.com

PSYCHICS

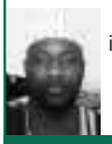


Mr. SAIDOU

International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

Call 516-206-8543
and 646-339-9948
132nd Street, 7th Ave., Manhattan, NY

GENUINE SPIRITUAL HEALER
Clairvoyant. Medium. Astrologers.



Specialize in Relationships, if your loved one. Walks out on you. I can help bring him or her back immediately with the most powerful spell.

☛ Sexual prob. ☛ Marriage & Remove Destroy Evil Spell. ☛ Black magic. ☛ Bad luck. ☛ Voodoo. ☛ Jadoo. ☛ Health prob. ☛ Business. ☛ Court Case. ☛ Success. ☛ Exams...etc.

SEEK HELP FROM Mr ADAM
YOU Will GET RET RESULT
IN 72 HOURS 100%GUARANTEED
Call 646.891.7809

LOVE PSYCHIC, ASTROLOGER & SPIRITUAL HEALER
Pandit: SANJIV RAM

- Family
- Health
- Love
- Job
- Work
- Business
- Depression
- Enemy
- Jealousy
- Court
- Sexual
- Divorce etc

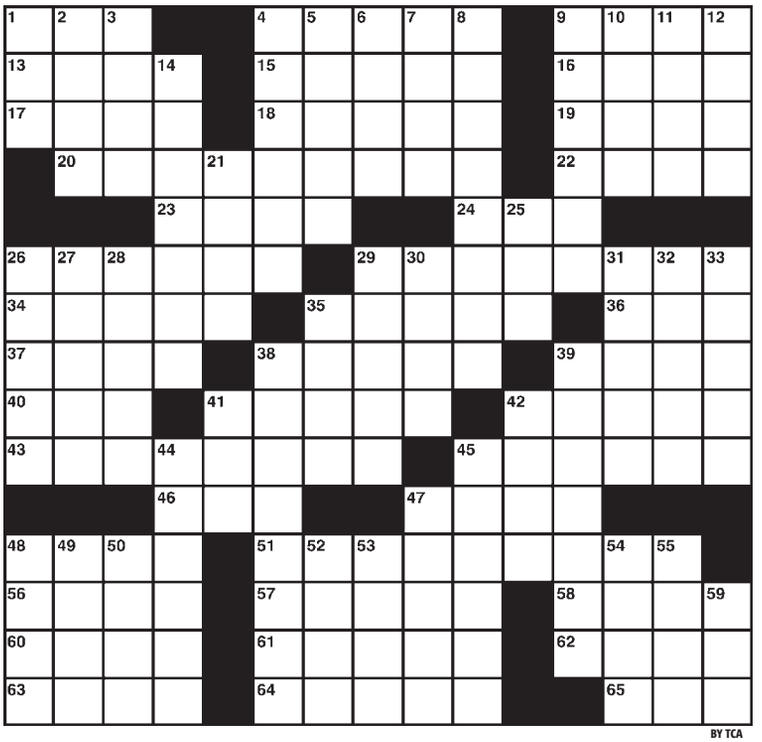
If you are Disappointed meeting other Astrologers & not getting Solutions, then meet PANDIT: SANJEEV RAM & get permanent Solutions for your Problems
100% GUARANTEE, PRIVATE & CONFIDENTIAL
PALM READING, FACE READING, HOROSCOPE
Removes Black magic, Butu, Jinn, Jadoo, Vodoo, Witchcraft, Obeya, Evil Spirits, & GIVES 100% LIFELONG PROTECTION
929-250-8473
554, 9th AVE, BETWEEN 37 & 38 STREET, MANHATTAN 10018

metro CLASSIFIEDS
To place an ad call 866-900-9473
or visit us at www.metro.us
DEADLINE: 2 BUSINESS DAYS PRIOR TO PUBLICATION AT 4 PM.

GAMES

metro.us/crossword

Powered by Arkadium



BY TCA

ACROSS

1 Porky __; cartoon critter
4 Brownish yellow
9 Exchange
13 Blacken
15 Location
16 One of the Three Bears
17 Unexceptional
18 Walkways
19 Change for a five
20 Picture-editing computer program
22 Likelihood
23 Velvety green ground cover
24 Tiny fellow
26 Plot
29 School playground periods
34 Couples
35 Clothing accessories
36 Black-eyed __; bean variety
37 Plays a role
38 Long pieces of wood
39 __ cheap; very inexpensive
40 Greek letter
41 Smooths wood
42 "Ave __"
43 Vipers
45 Large soup dish
46 "I've __ it up to here!"
47 Marksman William __
48 Entreaty
51 Attractive; tempting
56 Drags
57 Gets closer to
58 In __ of; lacking
60 Craving
61 Racket
62 San Francisco's Golden __ Bridge
63 Clutter
64 South American range
65 Fawn's color

DOWN

1 Computers, for short
2 Family restaurant chain
3 Deep wound
4 Stand up to
5 __ clown; funny student
6 "Hell __ no fury like a woman scorned"
7 Repeated sound
8 Holds in high regard
9 Humorous parodies
10 Magician's rod
11 Mimicked
12 Gap in a mountain range
14 Boarders
21 Thumb and Sawyer
25 French article
26 Shadowboxes
27 Hidden supply
28 __-miss; haphazard
29 Peruses
30 Lawn trees
31 Steeple
32 Uncanny
33 Hell's ruler
35 Crooked
38 Colorful scarf
39 Sweetheart
41 Aegean or Caribbean
42 __ over; contemplate
44 __ out; gets rid of gradually
45 Ribs
47 Rudely brief
48 Purplish fruit
49 Plastic bait
50 __ Benedict; fancy breakfast
52 Lowly laborer
53 __ for; bought
54 Orderly
55 "__ move on!"; cry to a slowpoke
59 Cub Scout group

metro.us/wordsearch

E	B	H	M	A	U	G	U	S	T
R	O	S	E	F	S	N	C	H	Z
E	L	B	A	F	A	I	G	Y	B
N	E	R	E	Z	T	I	L	U	P
K	M	A	I	L	L	I	W	A	A
L	I	D	M	O	M	F	U	R	Y
U	S	N	S	E	I	R	O	T	S
A	S	U	R	E	I	V	E	R	S
F	M	O	L	A	S	B	A	D	N
Y	F	S	C	Q	K	N	F	X	J

A Fable
Absalom
As I Lay
August
Faulkner
For Emily
Fury
Light
Ole Miss
Pulitzer
Reivers
Rose
Sound
Stories
William

metro.us/wander

Category: Famous Voices

	S	Z	E	U
R	A	N	R	S
I	P	T	O	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	2		7		3		4	
8	1					2		7
4		3			2		6	
	6				4			9
	4	2	6	7	9	1	8	
7			2				5	
	8		3			5		2
1		7					9	8
	5		4		1		7	

Yesterday's Answers

	H	O	W		A	O	R	T	A		A	L	S	O
L	O	P	E		D	R	A	W	L		B	E	A	D
A	P	E	D		M	A	R	A	S	C	H	I	N	O
B	E	N		R	I	T	E	S		L	O	S	E	R
		H	A	U	T	E			C	A	R			
S	T	A	G	E	S			F	U	S	S	E	S	
O	W	N	E	D		G	R	A	B	S		V	A	N
L	I	D	S		S	E	I	Z	E		M	E	M	O
O	N	E		S	P	A	D	E		T	E	N	O	R
	E	D	I	T	O	R			G	R	A	H	A	M
			R	O	T			S	A	U	N	A		
S	T	O	O	L		B	R	I	D	E		N	B	A
P	I	O	N	E	E	R	I	N	G		A	D	A	M
A	D	Z	E		B	I	N	G	E		D	E	L	I
N	E	E	D		B	E	G	E	T		O	D	D	

metro

As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Metro New York** 120 Broadway, New York, NY 10271 • **main** 212-457-7790 • **to advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **Chief Revenue Officer** Ed Abrams, Ed.Abrams@metro.us • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **email sales** advertising@metro.us • **email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Managing Editor** Morgan Rousseau, morgan@metro.us • **Night Editor** Jeff Tomko, jeff.tomko@metro.us • **Art Director** Luis Matos, Luis.Matos@metro.us • **Sports Editor** Joseph Pantorno, joseph.pantorno@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **Head of Production** Matt Prowell , matt.prowell@metro.us

Alliance for Audited Media

Turkish President Erdoğan

used a failed coup attempt on July 15, 2016 as an opportunity to undertake a vicious crackdown on any opposition voices.

These are some of the faces of the greatest human purge of the 21st century from Erdoğan's Turkey

Gokhan Acikkolu

42-year-old high school history teacher suffering from diabetes. Arbitrarily detained on July 23, 2016, on charges of coup plotting. Tortured to death for 13 days, he died under police custody.

Ahmet Altan

Turkey's most-read novelist and internationally renowned news editor. Detained on September 23, 2016 for sending 'subliminal messages' to encourage a coup. Sentenced to aggravated life sentence without the possibility of parole. Wrote a New York Times op-ed titled "I Will Never See The World Again."

Neslihan Ekinci

Deputy Secretary General of Turkey's Supreme Court of Judges & Prosecutors. Detained hours after the failed coup attempt on July 15, 2016. Kept in solitary confinement for 22 months. Her mental health deteriorated due to months of traumatic isolation.

Serkan Golge

36-year-old NASA scientist and physicist, and dual US-Turkish citizen. Arrested on July 23, 2016 and convicted on February 8, 2018. Has been in solitary confinement for more than two years. The US State Department continuously expresses grave concern for his unlawful detention.

Selahattin Demirtas

Former chair of Turkey's third-largest political party. Arrested on November 4, 2016, as part of the crackdown on pro-Kurdish politicians after the failed coup attempt. He was HDP's presidential candidate in 2018 while in his jail cell in Edirne Prison.

Fatma & Rabia Yilmazer

Daughters of the imprisoned Police Intelligence Chief Fuat Yilmazer. Both arrested on March 27, 2017 to exert psychological pressure on their jailed father. Their father was arrested after the corruption probe of 2013 implicating Erdoğan. Erdoğan's government arrested both daughters for guilt by family association.

Aysenur Parildak

28-year-old law student and reporter for the daily newspaper Zaman. Arrested on August 11, 2016. In October 2017, Parildak wrote a letter from Silivri Prison, declaring that she was under solitary confinement and faced sexual harassment.

Pastor Andrew Brunson

American pastor who has been living in Turkey for 23 years. Arrested on October 7, 2016. After two years in a prison cell, he was put under house arrest on July 25, 2018 amid mounting pressure from the US government.

Maden Family

One of the thousands of families dismissed from their jobs and sought after by the Turkish government. The family of five drowned when their boat capsized in the Aegean Sea while escaping to the island of Lesbos. They reportedly had no means to survive in Turkey as the government blacklisted them.

HUMAN RIGHTS FOUNDATION

SINCE JULY 2016

Faced investigation
445,000

Detained
141,558

Arrested
80,147

Academics lost their jobs
6,145

Judges & Prosecutors dismissed
4,463

Journalists arrested
319

Citizens died under custody & en route to freedom
120

...shut down 195 media outlets, including newspapers, magazines, radio and TV stations, and publishing houses

...closed 2,099 schools and universities

...fired 170,372 civil servants, including over four thousand judges and prosecutors

...jailed 81,517 government critics, including lawyers and academics

... arrested over 319 journalists,

...and dozens of the failed-coup attempt suspects in prison have been victims of torture and sexual abuse, including rape and food deprivation, according to credible reports.

PRESIDENT ERDOĞAN IS IN NEW YORK TO ATTEND THE UNITED NATIONS GENERAL ASSEMBLY

If you reject Mr. Erdoğan's appalling human rights record and his bid to turn Turkey into a dictatorship, your mandate is clear:

Oppose tyranny.

TELL MR. ERDOĞAN HE IS NOT WANTED HERE.

Call, write and tweet to Serdar Kılıç, Ambassador of Turkey to the United States

Email: embassy.washingtondc@mfa.gov.tr

Telephone: +1(212) 612-6700 Twitter: @serdarkilic9

Urge President Trump to demand that Erdogan stop his crackdown on dissent

Telephone: +1(202) 456-1414 Twitter: @realDonaldTrump

"DICTATORS SHOULD NOT BE WELCOMED IN ANY DEMOCRATIC COUNTRY. THEY CERTAINLY SHOULDN'T BE WELCOMED IN AMERICA."

HUMAN RIGHTS FOUNDATION

#ErdoganOut